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## Legal Information or Self-Help

### Courthouse Libraries BC

1-800-665-2570

Lower Mainland: 604-660-2841

[www.courthouselibrary.ca](http://www.courthouselibrary.ca)

### Dial-A-Law (recorded legal information)

1-800-565-5297

Lower Mainland: 604-687-4680

[dialalaw.peopleslawschool.ca](http://dialalaw.peopleslawschool.ca)

## Legal Advice or Representation

### Lawyer Referral Service

(Free initial 15 minute consultation)

604-687-3221

Or book an appointment through their website:

<http://www.accessprobono.ca/lawyer-referral-service>

### Legal Aid Call Centre

(interpreters available in over 100 languages)

1-866-577-2525

Lower Mainland: 604-408-2172

<https://legalaid.bc.ca/>

### Access Pro Bono

(free legal advice for low income people)

604-878-7400

Or fill out the Online Triage form on their website:

[www.accessprobono.ca](http://www.accessprobono.ca)

## Provincial Government

### General Enquiries to Government of BC

1-800-663-7867

Lower Mainland: 604-660-2421

Victoria: 250-387-6121

TDD: 711

VRS: 1-800-663-7867

<https://www2.gov.bc.ca/gov/content/home/get-help-with-government-services>

### Ombudsperson for BC

1-800-567-3247

Victoria: 250-387-5855

<https://bcombudsperson.ca/>

## Federal Government

### Service Canada

1-800-622-6232

TTY: 1-800-926-9105

<https://www.canada.ca/en/contact/contact-1-800-o-canada.html>

## Your Communities

### Disabilities

#### Disability Alliance BC

1-800-663-1278

Lower Mainland: 604-872-1278

<http://disabilityalliancebc.org/direct-service/apply-for-disability-benefits/>

### Seniors

#### Seniors Abuse and Information Line

1-866-437-1940

Lower Mainland: 604-437-1940

Interpretation services available

<http://seniorsfirstbc.ca/programs/sail/>

## Your Safety

### Elizabeth Fry Society of Greater Vancouver

1-888-879-9593

Lower Mainland: 604-520-1166

[www.elizabethfry.com](http://www.elizabethfry.com)

### Parole Board of Canada

604-870-2468

<https://www.canada.ca/en/parole-board.html>

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## VictimLINK

1-800-563-0808

TTY: 604-875-0885 (collect accepted)

Text: 604-836-6381

<https://www.clicklaw.bc.ca/helpmap/service/1055>

## Your Family

### Justice Access Centres (JACs)

1-800-578-8511 (Nanaimo)

1-800-663-7867 (ask for Vancouver or Victoria JACs)

<https://www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/justice-access-centres>

### Family Justice Counsellors

1-800-663-7867 (Call Service BC)

Lower Mainland: 604-660-2084

Victoria: 250-356-7012

<https://www.clicklaw.bc.ca/helpmap/service/1019>

### Family Maintenance Enforcement Program

Infoline: 1-800-663-3455

Office: 1-866-557-2427

[www.fmep.gov.bc.ca](http://www.fmep.gov.bc.ca)

### Family LawLine

Greater Vancouver: 604-408-2172

Elsewhere in BC: 1-866-577-2525

<https://family.legalaid.bc.ca/call/family-lawline>

### Parent Support Services Society:

#### Kinship Care Help Line

1-855-474-9777

Lower Mainland: 604-558-4740

<https://www.parentsupportbc.ca>

### Helpline for Children in BC

310-1234 (no area code needed)

<https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse>

## Your Daily Life

### Housing, Tenancy & Neighbors

#### Tenant Infoline

1-800-665-1185

Lower Mainland: 604-255-0546

<http://tenants.bc.ca>

#### Residential Tenancy Branch

1-800-665-8779

Lower Mainland: 604-660-1020

Victoria: 250-387-1602

<https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies>

## Employment

### Employment Standards Branch

1-833-236-3700

<https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards/contact-us>

### Workers' Advisers Office

1-800-663-4261

Lower Mainland: 604-713-0311

<https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety>

## Rights & Citizenship

### BC Civil Liberties Association

855-556-3566

<https://bccla.org/>

### BC Human Rights Clinic

Lower Mainland: 604-622-1100

Toll-free: 1-855-685-6222

<https://bchrc.net/>